



SENIOR NEWS

City of Chandler Senior Center

202 E. Boston Street
Chandler, AZ 85225

480-782-2720

Fax: 480-782-2725

www.chandleraz.gov/senior-adult

Monday–Friday

8 am– 5 pm

Holiday Closures:

November 12, 22, 23

December 25

BULLETIN BOARD

FALL OPEN HOUSE

Friday, October 19

4:30 – 6:30 pm



Enjoy hot-off-the-grill hamburgers and live music, meet club leaders and class instructors, and even try out some of our fun and social activities!

HALLOWEEN PARTY

Wednesday, October 31

10:00 – 11:00 am

Costume Contest, Fun Games and Awesome Treats!



VETERANS DAY RECOGNITION

Friday, November 9

10:00 – 11:00 am

We would like to recognize all our veterans for everything you gave for our country and our people. All are invited!

HOLIDAY DINNER DANCE

Friday, December 14

5:00 – 8:30 pm

We invite you to come enjoy a catered dinner, a live band, and a visit from Ole' Saint Nick himself!

Pre-registration is required: \$5 residents, \$7 non-residents



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Holiday Dinner Dance 2011



SENIOR CENTER TEAM

City of Chandler Recreation

Recreation Coordinator II: Nancy Jackson (480) 782-2722

Recreation Coordinator I: Eliza Mercado (480) 782-2741

Recreation Coordinator I (Therapeutics): Collette Prather (480) 782-2709

Customer Service Representative: Loretta Colson (480) 782-2720

Chandler Christian Community Center

Senior Food Programs Manager: Kelly Delgado (480) 503-6058

Food Program Specialist: Phil Vitano (480) 782-2721

SENIOR NEWS

October - December 2012

SITE COUNCIL

Do you want to have a voice in what happens at the Senior Center? Then attend our Senior Site Council meetings! Meetings are held regularly on the 3rd Monday of each month at 9:30 am. The next meetings will be on October 15, November 19, and December 17.

President: Edna Robinson

Vice President: Maretta Wood

Treasurer: Betty Crawford

Secretary: Carol Temple

Members: Leonard Bhaerman, Thelma Brown, Doris Campbell, Leonardo Chapelle, Ronnie DeLao, Ira Hutchinson, Dwayne Jacobs, Bert Johanson, LaVerne Johanson, Edna Kelch, Ann Moore, Rosemary Morton, George Pace, Kiyoko Romero, Nick Simiz, and Prannath Tiku

Staff: Nancy Jackson, Recreation Coordinator II, City of Chandler

Menu Committee: The next menu meeting will be held November 7 at 1:00 pm at the Chandler Senior Center.

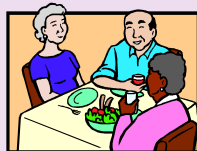
LUNCH AT THE SENIOR CENTER

Meals are served Monday – Friday at 11:30 am.

Arrive by 11:00 am to check in for lunch.

Please note that monthly menus can be picked up at the front desk of the Senior Center or found at our website www.chandleraz.gov/senior-adult

Reservations are not required.



Suggested donation is \$2.50 for seniors who are 60 years and older, and \$4 for those under 60.

ACTIVITY, TRIP AND CLASS REGISTRATION AND CANCELLATION INFORMATION

Registration is NOT accepted by phone. Please send all registration material to/or drop off at:

Chandler Senior Center

202 East Boston St.

Chandler, Arizona 85225

Faxes are accepted ONLY when no payment is required or payment is made by credit card. Our fax number is 480-782-2725.

Registration

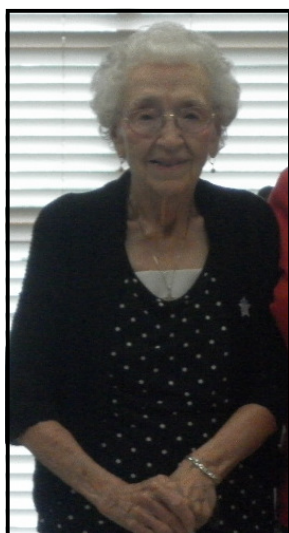
- Complete and sign the Activity and Trip Registration form for each activity, trip, etc. Multiple activities, classes and trips may be submitted on one form. No registration forms will be processed without payment. Space is limited, so please register early!

Cancellation & Refunds

- All cancellations must be made 24 hours in advance (weekends not included) to have money placed on your account for future use. If less than 24 hours, your registration fee will be forfeited.

Some available classes

- Basic Computer I, II, III
- Email/Internet, IPAD training
- Digital Camera, Skype
- Line Dancing, Clogging
- Writing Family Memories
- Tai Chi
- Yoga and Meditation
- Beginner Mahjong, Bridge, and Euchre
- Spanish I
- Zumba



August 24, 2012 was hereby declared “Verla Morris Day” in the City of Chandler in honor of long time quilter, Verla Morris’ 100th birthday!

SENIOR NEWS

October - December 2012

WEEKLY ACTIVITIES

MONDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm

TUESDAY

- Quilting 8:30 am
- Handwork 8:30 am
- Bridge 9 am
- Pinochle 12 pm
- Mah-Jong, Hand/Foot 12:30 pm

WEDNESDAY

- Ceramics 8 am
- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Karaoke ****NEW**** 10 am
- Gardening Club 10:30 am
- Bingo, Pinochle 12 pm
- Hand/Foot 12:30 pm

THURSDAY

- Quilting 8:30 am
- Bridge 9 am
- Crafts 9 am
- Food Box/ Bread Distribution 10 am
- Cribbage 12 pm
- Euchre 1 pm
- Scrabble 12:30 pm
- Cribbage 12:30 pm
- Bowling at Kyrene Lanes (\$6) 1 pm

FRIDAY

- Weights Exercise 8:30 am
- Standing Exercise 9 am
- Chair Exercise 9:30 am
- Bunco 10 am
- Bingo, Bridge 12 pm
- Mexican Train Dominoes 1 pm

MONDAY-FRIDAY ACTIVITIES

- Coffee Clatch 8 am
- Computer Lab 8 am-5 pm
(excluding class time)
- Pool table 8 am-5 pm
(excluding exercise time and bridge)
- Lunch 11:30 am
- Wii with Sheila After lunch
(bowling, tennis, baseball, dance, and more)

SPECIAL SERVICES

Have Questions?

Call the **Senior Help Line** 602-264-4357

Transportation: Dial a Ride 480-633-0101 ext. 4

Coupons for Cabs 480-962-7433

Peer Counseling: These free support services can help you work through problems, manage stress, achieve goals and help cope with grief or depression. Contact Renee Ouellet at (602) 672-5048 for details and to make an appointment.

Open Share Group: Counselor Renee Ouellet will be here every Thursday morning leading open discussion groups starting at 9am. Everyone is welcome!

Diane Ayers with United Healthcare/ Secure Horizons will be available for consultations on October 3 and December 12 at 10 am.

Benefits Assistance Program: Area Agency on Aging provides free Medicare consultation on the following dates during open enrollment: October 8 & 22, November 5 & 26, December 3, 7 & 10. Call the front desk to make a half-hour appointment.

John Anthofer with Cigna Healthcare is available on October 11, November 29, and December 13 from 10 am - 11 am for consultations.

Hearing Screening: Miracle Ear will be conducting hearing checks on November 19 at 9:30 am.

Blood Pressure Checks: Prime Care Hospice sponsors free blood pressure checks the first Thursday of every month from 9 - 10 am.

AARP Driver Safety Program: Classes are offered the third Thursday of every month from 1-5 pm! Class fee is \$12 for AARP members, and \$14 for non-AARP members. Sign up in advance!

Alzheimer's Support Group: Do you have a friend or family member showing signs of Alzheimer's? Are you struggling yourself? Copper Creek Inn Memory Community is facilitating a support system. Come be educated and strengthened as you talk to others going through the same struggles. Meet the fourth Friday of every month at 10 am in the lounge.

Golden Diggers: Strawberries, peppers, herbs ... the plants in our patio need tending! Gardeners will meet every Wednesday at 10:30 am in the lounge.

Legal Aid: Attorney Cami Pickett is available for scheduled legal counseling appointments on the morning of Wednesday, October 17. Sign up at the front desk!

October - December 2012

MONTHLY OUTINGS

Movies and Lunch!!!

What more could you want!?

Sign up at the Senior Center and come join us!
Transportation is provided and you pay your way!

October

Movie: October 2 - TBD

Lunch: October 10 - Mimi's Cafe

November

Movie: November 6 - TBD

Lunch: November 21 -
Yummy's Chinese Buffet

December

Movie: December 4 - TBD

Lunch: December 19 - Wildflower Bread
Company

Monthly Day Trips to the Casino

Tour the casinos around town with us! Only \$5
gets you registered and on the bus!

October 24

Vee Quiva

Registration Code: #450SC.142

Pick up at 8:30 am

November 26

Your Choice of: **Wild Horse Pass or Lone Butte**

Registration Code: #451SC.122

Pick up at 8:30 am

No Casino trip in December—
we will start again in 2013!

All cancellations made 24 hours or more in advance will have the \$5 put on account for future use. All cancellations made less than 24 hours in advance will forfeit their fee. Please register at the front desk.

EDUCATION

Educational Meetings in the lounge at 10am:

- Oct. 3 - Diane with United Healthcare is available for consultations
- Oct. 5 - Desert Cove: "Staying Accident Free"
- Oct. 11 - Current Events Discussion Group
- Oct. 11 - John with Cigna is available for consultations
- Oct. 22 - Chandler Fire Dept: "Hands-on CPR"
- Oct. 26 - Copper Creek: Alzheimer's Support Group
- Oct. 30 - Hi Health Innovations: speak with an audiologist and see the inside of your ear!
- Nov. 2 - Fire CERT: "Protecting yourself and your pets from a natural disaster"
- Nov. 7 - Desert Cove: "Managing Memory"
- Nov. 16 - Hi Health Innovations: "Hearing through the Holidays"
- Nov. 29 - John with Cigna is available for consultations
- Nov. 30 - Copper Creek: Alzheimer's Support Group
- Dec. 12 - Diane with United Healthcare is available for consultations
- Dec. 13 - John with Cigna is available for consultations
- Dec. 14 - Sports Medicine and Physical Therapy: "Falls Prevention and Balance and Screening"
- Dec. 18 - Desert Cove: "Osteoporosis and Aging"
- Dec. 28 - Copper Creek: Alzheimer's Support Group

This is election year!



If you need help getting registered to vote, come visit us any Thursday morning. Renee Ouellet can get you registered!

ADVENTURES AND EXCURSIONS

Wednesday, October 17 - Boyce Thompson Arboretum

Activity Code: #452SC.142

Cost: \$11 registration fee, \$15 non-residents

- The Boyce Thompson Arboretum is an Arizona State Park in the East Valley full of natural desert beauty. And guess what? We'll be there smack in the middle of their big plant sale! Come learn about desert flora and enjoy the beautiful outdoors! Please bring \$2.50 for a box lunch and a separate \$8 to get in the arboretum.
- Leave the Senior Center at 8:30 am
- Return time approximately 2:30 pm

Friday, October 26 - Arizona State Fair

Activity Code: #453SC.162

Cost: \$3 registration fee, \$5 non-residents

- Turkey legs, funnel cake, fried Oreos, live music, rides, carnival games, quilt contests: there's something here for everyone!
Bring your \$5 to get in!
- Leave the Senior Center at 11:30 am
- Return time approximately 5:00 pm

Friday, November 2 - Old Tucson Studios

Activity Code: #454SC.162

Cost: \$30 registration fee, \$41 non-residents

- This little old town was the setting for many old western movies and is now waiting for you to come see it! It has stunt shows, gun fights, a Movie Memorabilia Museum, train rides, historical walking tours, an antique carousel and so much more! Admission includes all this, transportation and your lunch! Feel free to bring money for souvenir shopping, stagecoach rides (\$3) or to pan for gold.
- Leave the Senior Center at 8:00 am
- Return time approximately 5:00 pm

Wednesday, November 14 - Penske Racing Museum

Activity Code: #455SC.142

Cost: \$3 registration fee, \$5 non-residents

- Interested in race cars? This FREE museum has them all on display! Let's go take a gander and grab a bite to eat at the "Turn 4 Café" before coming back home!
- Leave the Senior Center at 10:00 am
- Return time approximately 2:00 pm

Friday, November 30 - Mesa Swap Meet

Activity Code: #456SC.162

Cost: \$3 registration fee, \$5 non-residents

- Thanksgiving is over and it's time to get serious about holiday shopping! Come see what treasures you can find at the Arizona's biggest flea market!
- Leave the Senior Center at 10:00 am
- Return time approximately 3:00 pm

Tuesday, December 4 - Tuesday Morning Music and Tea at ASU

Activity Code: #439SC.233

Cost: \$3 registration fee, \$5 non-residents

- Come enjoy complimentary tea and pastries while listening to an "ASU guitar ensemble." All we ask is that you bring a canned good to donate!
- Leave the Senior Center at 9:00 am
- Return time approximately 12:00 pm

Friday, December 7 - The Nutcracker

Activity Code: #438SC.263

Cost: \$28 registration fee, \$38 non-residents

- Sugarplum fairies, sword fighting rats, and a dancing nutcracker... get dressed up and come see this classic holiday ballet at the Symphony Hall! Everyone needs to see "The Nutcracker" at least once in their lives so invite your children or grandchildren and treat them to this very special experience. Happy Holidays!
- Leave the Senior Center at 6:15 pm
- Return time approximately 10:30 pm

EVENTS CALENDAR

- Oct. 1 - Music with Jim Bing
- Oct. 2 - \$2 movie at Pollack Cinemas
- Oct. 3 - Diane with United Healthcare
- Oct. 4 - Free Blood Pressure Checks
- Oct. 4 - Hawthorne Court Visit
- Oct. 4 - Dining with Gilbert: Big Fat Greek Restaurant
- Oct. 5 - Desert Cove: "Staying Accident-Free"
- Oct. 8 - Medicare Benefits Assistance
- Oct. 9 - Music with Don Bonner
- Oct. 10 - Safeway sponsors Flu Shots
- Oct. 10 - Out to Eat: Mimi's Café
- Oct. 11 - John with Cigna
- Oct. 12 - Hawthorne Court: Ball Activity
- Oct. 15 - Site Council Meeting
- Oct. 15 - Music with Frank Mackey
- Oct. 16 - Abrazo Educational Meeting
- Oct. 17 - Legal Aid Appointments
- Oct. 17 - Boyce Thompson Arboretum
- Oct. 18 - Introduction to Groups w/ Renee
- Oct. 18 - Defensive Driving Class
- Oct. 19 - FALL OPEN HOUSE
- Oct. 22 - Medicare Benefits Assistance
- Oct. 22 - Chandler Fire: Hands-Only CPR
- Oct. 23 - Scan Educational Meeting
- Oct. 24 - Movie in the Lounge: The Great Debaters
- Oct. 24 - Vee Quiva Casino
- Oct. 25 - Open Share Group with Renee
- Oct. 26 - Alzheimers Support Group
- Oct. 26 - Arizona State Fair
- Oct. 29 - Music with Looney Tuners
- Oct. 30 - See in the Inside of your Ear!
- Oct. 31 - Halloween Party

Entertainment, Speakers, Trips, Medical Screenings and Special Events

October 2012

October - December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Music 10 am	2 Out to the Movies	3 Consultations 10 am	4 Screening 9 am Site Visit 11:30 am Dining with Gilbert	5 Presentation 10 am	6
7	8 Benefits Assistance 9 am	9 Music 10 am	10 Flu Shots 9 am Out to Lunch 11 am	11 Consultations 10 am	12 Visiting Activity 10 am	13
14	15 Site Council 9:30 am Music 10 am	16 Abrazo Presentation 9 am	17 Legal Aid 9 am Field Trip 8:30 am	18 Renee's Group 9 am AARP Driving Course 1-5 pm	19 Fall Open House 4:30 pm	20
21	22 Benefits Assistance 9 am Presentation 10 am	23 Scan Presentation 9 am	24 Movie in the lounge 1 pm Casino Trip 8:30 am	25 Renee's Group 9 am	26 Alzheimer's Support Group 10 am Field Trip 11:30 am	27
28	29 Music 10 am	30 Speaker 10 am	31 Halloween Party 10 am			

EVENTS CALENDAR

- Nov. 1 - Free Blood Pressure Checks
- Nov. 2 - Fire CERT Info about natural disasters: Protect yourself, home and pets
- Nov. 2 - Old Tucson Studios
- Nov. 5 - Medicare Benefits Assistance
- Nov. 5 - Music with the Wheelers
- Nov. 6 - San Tan Chiropractic: "Maximize your retirement by maximizing your health"
- Nov. 6 - \$2 movie at Pollack Cinemas
- Nov. 7 - Desert Cove: "Managing Memory"
- Nov. 7 - Menu Meeting in Chandler
- Nov. 7 - Dining with Gilbert: Floridino's
- Nov. 8 - Open Share Group with Renee
- Nov. 9 - Veterans' Day Recognition
- Nov. 13 - Scan Educational Meeting
- Nov. 14 - Penske Racing Museum
- Nov. 15 - Defensive Driving Class
- Nov. 16 - Hi Health: "Hearing Through the Holidays"
- Nov. 19 - Free Hearing Screening
- Nov. 19 - Site Council Meeting
- Nov. 20 - Dart the Turkey
- Nov. 21 - Keith with MedAssure can fix your wheelchair/walker
- Nov. 21 - Out to Eat: Yummy's Chinese Buffet
- Nov. 26 - Lone Butte/ Wild Horse Pass
- Nov. 26 - Medicare Benefits Assistance
- Nov. 26 - Music with Jay Farris
- Nov. 28 - Movie in the Lounge: The Iron Lady
- Nov. 29 - Open Share Group with Renee
- Nov. 29 - John with Cigna
- Nov. 30 - Alzheimer's Support Group
- Nov. 30 - Mesa Swap Meet

Entertainment, Speakers, Trips, Medical Screenings and Special Events

November 2012

October - December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Screening 9 am	2 Info Table 10 am Field Trip 8 am	3
4	5 Music 10 am Benefits Assistance 9 am	6 Speaker 10 am Out to the Movies	7 Speaker 10 am Menu Mtg at Gilbert 1 pm Dining with Gilbert	8 Renee's Group 9 am	9 Veterans Day Recognition 10 am	10
11	12 Center Closed for Veterans Day	13 Scan Presentation 9 am	14 Field Trip 10 am	15 Renee's Group 9 am AARP Driving Course 1-5 pm	16 Speaker 10 am	17
18	19 Screening 9:30 am Site Council 9:30 am	20 Dart the Turkey 10 am	21 MedAssure 10 am Out to Eat 11 am	Closed for Thanksgiving!		24
25	26 Music 10 am Casino 8:30 am Benefits Assistance 9 am	27 Abrazo Presentation 9 am	28 Movie in the Lounge 1 pm	29 Renee's Group 9 am Consultations 10 am	30 Alzheimer's Support Group 10 am Field Trip 10 am	

EVENTS CALENDAR

- Dec. 3 - Medicare Benefits Assistance
- Dec. 3 - Music with Larry Barry
- Dec. 4 - Abrazo Educational Meeting
- Dec. 4 - Tuesday Morning Music and Tea
- Dec. 4 - Dining with Gilbert: Elephant Bar
- Dec. 5 - Music with Fletcher's Organ
- Dec. 6 - Free blood pressure checks
- Dec. 7 - Medicare Benefits Assistance
- Dec. 7 - The Nutcracker
- Dec. 10 - Medicare Benefits Assistance
- Dec. 10 - Music with Dallas West
- Dec. 11 - \$2 Movie at Pollack Cinemas
- Dec. 12 - Diane with United Healthcare
- Dec. 13 - Open Share Group with Renee
- Dec. 13 - John with Cigna
- Dec. 14 - Foothills Sports Medicine and Physical Therapy: Fall and Balance Prevention & Screening
- Dec. 14 - Holiday Dinner Dance
- Dec. 17 - Site Council
- Dec. 18 - Desert Cove: "Osteoporosis and Aging"
- Dec. 19 - Out to Eat: Wildflower Bread Company
- Dec. 19 - Movie in the Lounge: Bernie
- Dec. 20 - Holiday Party
- Dec. 20 - Defensive Driving Class
- Dec. 24 - Music with Dee Fleming
- Dec. 27 - Current Events Group with Renee
- Dec. 28 - Alzheimer's Support Group
- Dec. 31 - New Year's Eve Party

Entertainment, Speakers, Trips, Medical Screenings and Special Events

December 2012

October - December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Benefits Assistance 9 am Music 10 am	4 Field Trip 9 am Dining with Gilbert	5 Music 10 am	6 Screening 9 am	7 Benefits Assistance 9 am Field Trip 6:16 pm	8
9	10 Benefits Assistance 9 am Music 10 am	11 Out to the Movies	12 Consultations 10 am	13 Renee's Group 9 am Consultations 10 am	14 Speaker 10 am Holiday Dinner Dance 5 pm	15
16	17 Site Council 9 am	18 Speaker 10 am	19 Out to Eat 11 am Movie in the Lounge 1 pm	20 Holiday Party 10 am AARP Driving Course 1-5 pm	21	22
23	24 Music 10 am	25 Center Closed Merry Christmas	26	27 Renee's Group 9 am	28 Alzheimer's Support Group 10 am	29
30	31 New Years Party 10 am					29



CITY OF CHANDLER
Community Services Department
Mail Stop 501, P.O. Box 4008
Chandler, AZ 85244-4008



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Chandler Senior Center
202 East Boston Street**

Senior News

"Read All About Us!"



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